

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Availability of facilities for doing PA			<p>7.11 If you decided to start a program of physical exercise, or you already do so now, do you feel that there are adequate facilities (space, specific areas, sufficient security) in place for this purpose?</p> <p>-Yes -No -Don't recall/not sure</p>		

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Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Thoughts on health benefits of exercise			7.7 Do you think physical exercise is good for your health? -Yes -No -Don't know/not sure		
Health advice received about PA		6.7 During the last year (12 months) have you been advised to increase your physical activity by any of the following? -doctor -other health care personnel -family member -other	7.8 Has a doctor, nurse or other health professional ever advised you to exercise? -Yes -No -Don't know/not sure		
Health adviser's reason for recommending exercise			7.9 What is the main reason your doctor has recommended that you do physical exercise? -To keep healthy -To maintain or control weight -As a supplemental treatment for a specific physical ailment I have -Other reason -Don't know why/not sure		
Whether knows where to get advice on physical exercise			7.10 If you decided to start a program of physical exercise, or you already do so now, do you know of a place where you can go to get advice/help on how to go about it? -Yes -No -Don't recall/not sure		

PHYSICAL ACTIVITY

Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Total time spent per day vigorously exercising - USUAL WEEK/ PAST WEEK	<i>P1b How much time in total did you usually spend on one of those days doing vigorous physical activities?</i> ____ hours ____ minutes			15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? ____ Hours and minutes per day	
Total weekday time spent sitting - PAST WEEK	<i>The last question (P4) is about the time you spent sitting on weekdays while at work, at home, while doing course work and during leisure time. This includes time spent sitting at a desk, visiting friends, reading travelling on a bus or sitting or lying down to watch television.</i> <i>P4 During the last 7 days, how much time in total did you usually spend sitting on a week day?</i> ____ hours ____ minutes				The last questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already told me about. 5a. During the last 7 days, how much time in total did you usually spend sitting on a week day? ____ hours ____ minutes
Total weekend time spent sitting - PAST WEEK					5b. During the last 7 days, how much time in total did you usually spend sitting on a weekend day? ____ hours ____ minutes

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Frequency of non-occupational related and non-travel PA - TYPICAL DAY	<p>Section C: Non-occupational and non-travel related physical activity (i.e., excluding work and travel activities)</p> <p>I would like to ask you about all the other, non-work related activities you do on a typical day. How frequently do you spend time on....:</p> <p>-Mainly sitting (incl in front of TV/computer) or standing and only a little walking;</p> <p>-Activities that require the same effort as continuous walking, or gardening, swimming, climbing stairs. If you answered 'mostly' or 'often' how much time do you spend on those? __ hours __ minutes</p> <p>-Activities that require the same effort as heavy lifting or strenuous sports. If you answered 'mostly' or 'often' how much time you do you spend on those? __ hours __ minutes</p> <p>(Never/sometimes/usually/always)</p>				

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Total time spent per day on recreational moderate PA					4f. How much time in total did you usually spend on one of those days doing moderate physical activities in your leisure time? hours minutes
Frequency of non-occupational VIGOROUS exercise - USUAL WEEK				<p>15.5. Now thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increase in breathing or heart rate?</p> <p>-Yes -No -Don't know/Not sure -Refused</p> <p>15.6 How many days per week do you do these vigorous activities for at least 10 minutes at time?</p> <p>Days per week -Do not exercise at least 10 minutes weekly -Don't know/Not sure</p>	

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of recreational VIGOROUS PA - PAST WEEK					<p>4c. Think about only those physical activities that you did for at least 10 minutes at a time.</p> <p>During the last 7 days, on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time?</p> <p>_____ days per week or none</p>
Total time spent per day on recreational VIGOROUS PA - PAST WEEK					<p>4d. How much time in total did you usually spend on one of those days doing vigorous physical activities in your leisure time?</p> <p>_____ hours _____ minutes</p>
Frequency of recreational MODERATE PA - PAST WEEK					<p>4c. Again, think about only those physical activities that you did for at least 10 minutes at a time.</p> <p>During the last 7 days, on how many days did you do moderate physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your leisure time?</p> <p>_____ days per week or none</p>

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Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Total time spent per day on MODERATE PA in home - PAST WEEK					3f. How much time in total did you usually spend on one of those days doing moderate physical activities inside your home? _____ hours _____ minutes
Frequency of recreational walking - PAST WEEK					This section is about all the physical activities that you did in the last 7 days solely for recreation, sport, exercise or leisure. Please do NOT include any activities you have already mentioned. 4a. Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure time? _____ days per week or none
Total time spent per day on recreational walking - PAST WEEK					4b. How much time in total did you usually spend on one of those days walking in your leisure time? _____ hours _____ minutes

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Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of MODERATE PA in garden - PAST WEEK					3c. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, sweeping, washing windows, and raking in the garden or yard? _____ days per week or none
Total time spent per day on MODERATE PA in garden - PAST WEEK					3d. How much time in total did you usually spend on one of those days doing moderate physical activities in the garden or yard? _____ hours _____ minutes
Frequency of MODERATE PA inside home - PAST WEEK					3e. Once again, think only about those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, washing windows, scrubbing floors and sweeping inside your home? _____ days per week or none

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of vigorous PA at home - PAST WEEK					<p>This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.</p> <p>3a. Think about only those physical activities that you did for at least 10 minutes at a time.</p> <p>During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, chopping wood, shoveling snow, or digging in the garden or yard? _____ days per week or none</p>
Total time spent per day on VIGOROUS PA in garden -- PAST WEEK					<p>3b. How much time in total did you usually spend on one of those days doing vigorous physical activities in the garden or yard? _____ hours _____ minutes</p>

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Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Total time spent cycling daily as means of transport - PAST WEEK					2d. How much time in total did you usually spend on one of those days to bicycle from place to place? ____ hours ____ minutes
Frequency of different types of travel	Section B: Travel related physical activity I would like to ask you about the way you travel to and from places (work, market, church etc) on a typical day. How often do you travel by: -Private transport such as car, taxis -Public transport such as bus, train, boat -Motorcycle -Bicycle -Walking (on foot) (Never/sometimes/usually/always)				
Frequency of walking as means of transport - PAST WEEK					2e. During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place? ____ days per week or none
Total time spent walking per day as means of transport - PAST WEEK					2f. How much time in total did you usually spend on one of those days walking from place to place? ____ hours ____ minutes

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Time spent cycling to work		6.4 How many minutes a day do you spend walking or riding a bicycle to and from work? (Combine time spent both ways). -I do not work at all or I work at home -I go to work by car -less than 15 minutes a day -15-30 minutes a day -30-60 minutes a day -more than one hour a day			
Frequency of ANY traveling by motor vehicle - PAST WEEK					2a. During the last 7 days, on how many days did you travel in a motor vehicle like a train, bus, car or tram? _____ days per week or none
Total time spent daily travelling by motor vehicle - PAST WEEK					2b. How much time in total did you usually spend on one of those days travelling in a car, bus, train or other kind of motor vehicle? _____ hours _____ minutes
Frequency of cycling as means of transport - PAST WEEK					Now think only about the bicycling and walking you might have done to travel to and from work, to do errands, or to go from place to place. 2c. During the last 7 days, on how many days did you bicycle for at least 10 minutes at a time to go from place to place? _____ days per week or none

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of non-occupational MODERATE exercise - USUAL WEEK		<p>6.5 In your leisure time, how often do you do physical exercise for at least 30 minutes which makes you at least mildly short of breath or perspire?</p> <p>-daily</p> <p>-4-6 times a week</p> <p>-2-3 times a week</p> <p>-once a week</p> <p>-2-3 times a month</p> <p>-a few times a year or less</p> <p>-I cannot exercise because of illness</p> <p>-I cannot exercise because of disability</p>		<p>We are interested in two types of physical activity: vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.</p> <p>15.2. Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?</p> <p>-Yes</p> <p>-No Go to</p> <p>-Don't know/Not sure</p> <p>-Refused</p> <p>15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?</p> <p>-Days per week</p> <p>-Do not exercise at least 10 minutes weekly</p> <p>-Don't know/Not sure</p> <p>-Refused</p>	

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Total time per day doing all walking - PAST WEEK/ USUAL WEEK	P3b. How much time in total do you usually spend walking on one of those days? __ hours __ minutes		7.2 On days that you did walk, how long do walk? a. _ Hours b. _ Minutes		
Demands of occupational PA		⁴ 6.6 How physically strenuous is your work? -very light (mainly sitting) -light (mainly walking) -medium(lifting, carrying light loads) -heavy many work (climbing, carrying heavy loads)		⁵ 15.1. When you are at work, which of the following best describes what you do? Would you say: -Mostly sitting or standing -Mostly walking -Mostly heavy labor or physically demanding work -Don't know/Not sure	

⁴ Height, weight and physical activity

⁵ Physical Activity Core section

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Total time spend per days on all moderate PA - USUAL WEEK			7.4 On days when you do these types of physical activity, how much time do you spend doing them? -Hours -Minutes		
Frequency of occupational walking - PAST WEEK					1f. During the last 7 days, on how many did you walk for at least 10 minutes at a time as part of your work? Please do not count any walking you did to travel to and from work. _____ days per week or none
Total time spent per day on occupational WALKING - PAST WEEK					1g. How much time in total did you usually spend on one of those days walking as part of your work? _____ hours _____ minutes
Frequency of all walking - PAST WEEK	<i>P3a. During the last 7 days, on how many days did you walk for at least 10 minutes at a time? This includes walking at work and at home, walking to travel from place to place, and any other walking that you did solely for recreation, sport, exercise or leisure. _____ days per day -- None</i>				

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of moderate occupational PA - PAST WEEK					1d. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads as part of your work? Please do not include walking. _____ days per week or none
Total time per day spent on occupational MODERATE PA - PAST WEEK					1e. How much time in total did you usually spend on one of those days doing moderate physical activities as part of your work? _____ hours _____ minutes
Frequency of all MODERATE PA - PAST WEEK/ USUAL WEEK	<i>P2a. Again, think only about those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking. _____ days per week __ None (Go to P3a.)</i>		7.3 Typically (ordinarily, usually), how many days per week do you perform moderate physical activities for a period of at least 10 minutes, such as: riding a bicycle at a normal speed; swim at a normal speed; rake or pick up leaves; or sweep floors (please do not include walking in your response)? -Days per week -Don't care to respond -Don't know		

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Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of occupational VIGOROUS PA - PAST WEEK					<p>1a. Do you currently have a job or do ANY unpaid work outside your home?</p> <p>-Yes -No</p> <p>The next questions are about all the physical activity you did in the last 7 days as part of your paid or unpaid work. This does not include traveling to and from work.</p> <p>1b. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, heavy construction, or climbing up stairs as part of your work?</p> <p>Think only about those physical activities that you did for at least 10 minutes at a time.</p> <p>_____ days per week or none</p>
Total time per day doing VIGOROUS occupational PA - LAST WEEK					<p>1c. How much time in total did you usually spend on one of those days doing vigorous physical activities as part of your work?</p> <p>_____ hours _____ minutes</p>

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Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Frequency of any occupational activity - TYPICAL DAY	<p>Section A: Occupational physical activity (paid or unpaid work):</p> <p>I would like to ask you about activities related to your main occupation on a typical day. Firstly, how long is your typical work day (hours)? __</p> <p>During these hours how frequently does your work involve you in the following:</p> <ul style="list-style-type: none"> -Sitting or standing with only a little walking; -Activities that require the same physical effort as continuous walking, gardening; -Activities that require the same effort as heavy lifting or heavy construction work. <p>(Never/sometimes/usually/always)</p>				

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
			7.1 How many days per week do you walk briskly for at least 10 minutes to get from one place to another, engage in sports or recreation? - Days per week -Don't care to respond -Don't know		
Frequency of all VIGOROUS PA - PAST WEEK/USUAL WEEK	³ P1a. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling? Think about only those physical activities that you did for at least 10 minutes at a time. _____ days per week None		7.5 Typically (ordinarily, usually), how many days per week do you perform vigorous physical activities for a period of at least 10 minutes, such as digging, jogging, high-speed cycling, fast swimming, playing soccer, or shoveling snow? - Days per week -Don't care to respond -Don't know		
Total time spent per day on all VIGOROUS PA - USUAL WEEK			7.6 On days you do these types of physical activity, how long do you spend doing them? -Hours -Minutes		

³ Physical Activity

PHYSICAL ACTIVITY					
Indicator	STEPS	CINDI	CARMEN	BRFSS	IPAQ
Non-occupational physical activity (PA) – PAST MONTH				¹ 3.1 During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise? -Yes -No -Don't know/Not sure -Refused	
Frequency of PA – USUAL WEEK			² I will now ask you some questions about your physical activity during the week. I will ask you to answer each question even if you don't consider yourself to be an active person. To this end, consider the physical activity involved: in your work; in getting from one place to another; in recreational and sports activities; and in household chores; for example, gardening, carpentry work, physical labor or other activities necessary for household maintenance.		

¹ Exercise Core section

² Physical Activity Module

STEPS: Questions from "Expanded" section are in italics. All others are "core" questions.

CINDI: Questions in italics are "highly recommended" questions. All others are "obligatory".

CARMEN: Optional questions are in italics, all others are "core" questions.

BRFSS: Questions in italics come from optional modules or are state-selected questions. All others are "core" questions.

IPAQ: The questions shown here are the full set of questions from the IPAQ Long Last 7 Days Self-Administered Format